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BULLETIN № 2 FEBRUARY 2013

### **STRADA** 12-18 JULY 2015







www.wg-2015.com



Ministry of Education

FINNISH GYMNASTICS FEDERATION

15TH WORLD GYMNAESTRADA - BULLETIN №2 FEBRUARY 2013

### English

### Cover photo: Volker Minkus/FIG

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With the start of the New Year, our shared journey towards the next World Gymnaestrada is one step closer: the event is not in three years' time but in the year after next year.

On New Year's Eve many make promises to him/ herself for the coming year. What was your resolution? Did you promise yourself to exercise more? Building up the Generations together theme of World Gymnaestrada 2015, the year 2013 is the year of adults. Maybe you could set an example for other adults and keep up the World Gymnaestrada 2015 spirit when you exercise? All exercise is good for one's health and please remember, together we make the earth move!

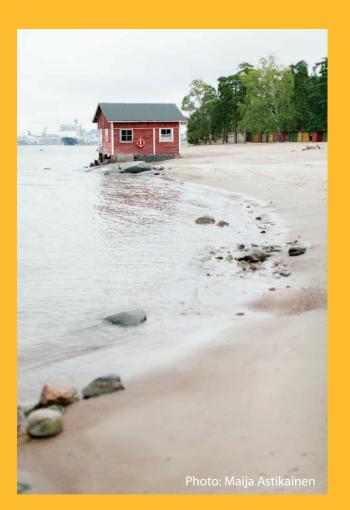
First National Federations' representatives took a tour around the World Gymnaestrada 2015 venues last November, while attending the FIG Gymnastics for All Colloquium in Helsinki. This September everyone has a chance to get to know the excellent venues, go sightseeing around Helsinki and get to know more details about the event. The LOC together with FIG GfAcommittee is delighted to welcome you to the first information meeting in September! Hope to see many people in Helsinki then.

The Finnish Gymnastics Federation, the City of Helsinki and the State of Finland together with the International Gymnastics Federation (FIG) warmly welcomes all FIG affiliated Federations to the 15th World Gymnaestrada from 12th to 18th July 2015. The World Gymnaestrada is an international non-competitive Gymnastics for All -event that gives everyone the possibility to participate. It brings together people of all genders, age groups, abilities and culture.

# - new resolutions



### Finland & Helsinki



### Finland

In the land of Nokia, Angry Birds and Marimekko, summer is considered to be the best time of the year. On a fine summer day, Finns have an overwhelming urge to get outside.

During the week, when the sun is warm, they are eating lunch at a sidewalk café, sunning in the park, bicycling home from work, walking their dogs, or checking their email while sitting on a park bench.

### **Endless Summer Days**

There isn't endless summer in Finland, but there are almost endless summer days. The sun is still shining at 10 pm in Helsinki on midsummer, so when you leave a restaurant after a very long dinner, the evening is still young. In north, Lapland, a single summer day lasts for over two months. Even in the south, it's never really dark... just a period of twilight for a few hours.

### Summer Facts

TEMPERATURE +15°C – +25°C

TOP 5 SUMMER EXPERIENCES 1.Swimming 2.Going to a cottage 3.Festivals 4.Camping 5.Cycling

WE RECOMMEND Swimming under the Midnight Sun

Read more about Finland today:

www.finland.fi and www.wg-2015.com

### Helsinki

The capital of Finland, Helsinki, is a fun city year around but blossoms during the summer. Sea is a substantial part of Helsinki. It encircles the city from three points: south, east and west.

Situated by the Baltic Sea, Helsinki's shoreline is about 120 kilometres long and has about 300 islands. The feeling of the sea is easily captured from the Market Square (Kauppatori in Finnish). Cruises to archipelago and Suomenlinna fortress begin from the Market Square.

One site in the UNESCO World Heritage List is Suomenlinna fortress which is the pearl of Helsinki. The historical maritime fortress offers visitors atmospheric restaurants and cafés in addition to sights.

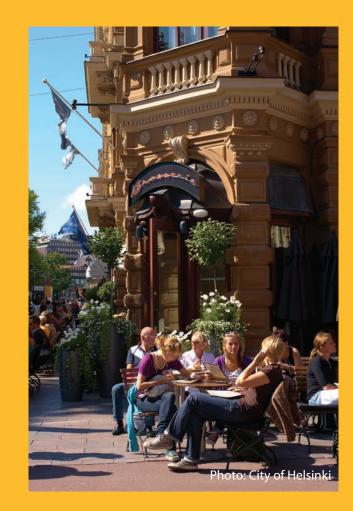
The surrounding archipelago is ideal for enjoying the outdoors, swimming and nature hikes. Ferries to recreational islands usually operate from May to September. Idyllic island restaurants are distinctive part of the restaurant culture in Helsinki.

In addition to islands, one can go swimming on one of the 28 beaches or two outdoor swimming pools which are the favorites of the inhabitants. Swimming Stadium was built for 1940 Olympic Games but due to the Second World War the Games took place in 1952. Kumpula Outdoor Swimming Pool was used as the practice pool in those Olympics.

If water is not your element, just looking around the city is a great option. There are plenty of interesting districts and variety of architecture types can be found within walking distance from one another. Helsinki is one of the greatest art noveau cities in Europe.

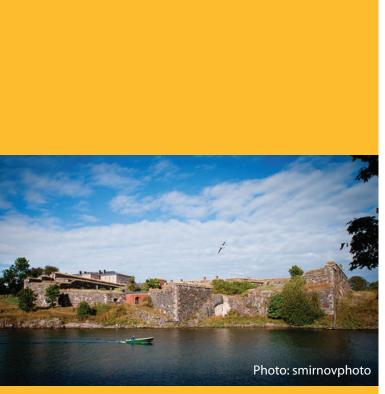


**Esplanade Park** 





Linnanmäki Amusement Park



Suomenlinna Fortress

Cycling is a great way to see the sights and surrounding nature. Helsinki offers around 750 kilometres of well-maintained bike paths.

Whichever means of transportation you use, the parks are worth a visit. It's never far, parks cover one third of the city area.

Read more about Helsinki today: www.visithelsinki.fi and www.wg-2015.com

### **Excursions and tours**

There are many possibilities for visits and sightseeing tours before, during and after the World Gymnaestrada.

There is a lot to see and experience, both in the city centre and at sea near Helsinki: Suomenlinna Maritime Fortress, Helsinki Zoo on Korkeasaari Island, Linnanmäki Amusement Park etc.

It is also easy to visit for example Tallinn (Estonia), St. Petersburg (Russia), Lapland (northern Finland), and other Scandinavian countries. Why not to combine your visit to Helsinki with a trip to one of these places either before, during or after the World Gymnaestrada.

### Tallinn, Estonia – just 80 km or 2 hours away from Helsinki by boat

The capital of Estonia, Tallinn, founded in 1154, is a medieval, colourful and beautiful city. Out of Estonia's total number of 1.4 million inhabitants, about 400,000 live in Tallinn. The old town of Tallinn appears on the UNESCO World Heritage List since 1997. The old town is especially valued for its medieval milieu and structure which have been preserved until today. Tallinn appeals especially to the lovers of medieval architecture, but there is also a lively and modern city behind the city walls. Teretulemas Tallinn!

### St. Petersburg, Russia – just 300 km and 3½ hours from Helsinki

Today you can easily reach St. Petersburg by train. There are two daily trains to St. Petersburg from Helsinki. The travel time is approximately 3½ hours with new Allegro trains. St. Petersburg offers countless cultural experiences to visitors. Allow the gorgeous gold of the palaces to astonish you and see the pearls of art history on the walls of the State Hermitage Museum. There are nearly 5 million inhabitants in St. Petersburg, but the city has a very intimate feel and you can easily explore the entire city centre area by just walking around. добро пожаловать!

### Lapland – Northern parts of Finland just 1½ hours away from Helsinki by plane

Lapland offers experiences all year round. Experience winter twilight, northern lights or the midnight sun during the summer. Along with unique nature, become revitalised with a huge range of activities. Whether you travel in Lapland alone or in a group, Lapland has a variety of different alternatives to provide. It's worth taking a canoeing trip and traversing the rugged backwoods of Lapland. Fill your berry baskets on the cloudberry swamps or fish yourself a delicious catch.



## Provisional programme

More information concerning the possibilities to participate and the changes in the World Gymnaestrada programme will be given in the coming Bulletins and at the first information meeting in Helsinki. All registrations must be made through the FIG Member Federation.

### **Opening Ceremony**

According to FIG-GfA Regulations Manual, edition 2009		
Venue:	nue: Olympic Stadium	
Date:	12 July 2015	
Time:	late afternoon	
Duration:	max. 2 hours	
Capacity:	40.000 seats	
Theme:	Make the Earth Move	
	Performers, participants and	
audience will be an essential part		
the Opening: together they will real		
	make the earth move and leave their	
	footprint in the history of gymnastics.	
Marching	Opening will start with marching in	
of the World Gymnaestrada		
	participants and everyone is welcome	
to take part. You can also choose		
watch the marching in from the		
	stands (seating informed in	
	advance).	

### **Closing Ceremony**

### *Changes according to FIG-GfA Regulations Manual, edition 2009*

Venue: Date: Time: Duration: Capacity: Theme: Programme:

Olympic Stadium 18 July 2015 late afternoon max 1½ hours 40.000 seats to be decided The Gymnaestrada ends with a festive show. There will be two gymnastics programmes: Gymnaestrada World Team (International Large Group Programme) and the performance from the next World Gymnaestrada 2019 organiser.



### Midnight Sun Special -Evening for Large Group Performances

On Wednesday evening a special evening performance for Large Groups will be arranged: this evening is a little bit like "FIG Gala for Large Group Performances". Federations can apply for participation in the Midnight Sun Special with Large Group Programmes of 5 - 8 minutes and minimum of 200 gymnasts. The entry to the Midnight Sun Special is included in the Participant card.

Venue:	Olympic Stadium
Date:	15 July 2015
Time:	starting at 21:00
Duration:	5 – 8 minutes/group
Capacity:	40.000 seats
Content:	Large Group Performances, including
	also the Gymnaestrada World Team
	(an International Large Group
	Programme)
Timetable:	Applications until 31st December
	2013
	Selection of programmes concluded
	by May 2014
	Information to the groups May 2014
Conditions:	All FIG Member Federations are
	invited to register for the Midnight
	Sun Special.
	Depending on the number of
	applications, a selection will be made.

Selection:

Registration form will be published on the Intranet during this spring. Fill in the format the latest December 31st, 2013.

Information needed (asked in the registration form):

- Name of the performance

- Name of the group: description of the group and its capabilities (specific talents)

- Choreographer, trainer/coach, responsible person

- Type of performance (gymnastics or dance, apparatus or not etc.)

- Number of gymnasts, male/female
- Ages of gymnasts (between, from to)

- Music

- Entrance and exit (with or without music)

- Description of outfit

- Short introduction of the performance (idea/theme). If you would like to apply with a part of the same performance as you are using as a Large Group Programme, we suggest that you also introduce a short special part (something different, surprising, new etc.)

### **Group Performances**

According to FIG-GfA Regulations Manual, edition 2009

Venue:	Exhibition and Convention Centre
Date:	13 – 17 July 2015
Time:	09:00 – 18:00
Duration:	max. either 10 or 15 minutes
Capacity:	8 – 9 arenas, approx. 400 m2
	measuring approx. 20 m x 20 m.
	Spectator capacity will be informed
	later.



### Large Group Performances

According to FIG-GfA Regulations Manual, edition 2009

Venue:	Sonera Stadium (official football field/	
	artificial grass)	
Date:	14 – 17 July 2015	
Time:	afternoons	
Duration:	max. 15 minutes	
Capacity:	approx. 10.000 seats	

### **National Evenings**

According to FIG-GfA Regulations Manual, edition 2009 The total number of National Evenings will be reduced to three evenings with six shows

Venue:	Ice Hall	
Floor:	Size of the floor (performing area)	
	32 meters x 19 meters	
Date:	13th, 14th, 16th July 2015	
Time:	at 18:00 – 19:30 and at 21:00 – 22:30	
Duration:	max. 1½ hours	
Capacity:	approx. 7.000 seats	
Note:	There will be no curtain, spectators	
	(audience) sitting on all sides of the	
	arena.	

### National Afternoons

Federations can apply for National Afternoons, which will be arranged in the same Exhibition Centre as the Group Performances. There is a possibility for 4 – 5 National Afternoons. The duration of a National Afternoon show should be 1 hour. Tickets will be sold for the National Afternoons as the entry will not be included in the Participant card.

Venue:	Exhibition and Convention Centre,	
	Amfi-hall	
Floor:	Size of the floor will be about the	
	same size as in the National Evenings	
Date:	13th - 17th July 2015	
Time:	at 13:00 – 14:00	
Duration:	max. 1 hour	
Capacity:	approx. 3.000 seats	
Note:	All spectators (audience) on one side	

### **FIG Gala**

### According to FIG-GfA Regulations Manual, edition 2009

5	5	
Venue:	Ice Hall	
Date:	17th July 2015 and 18th July 2015	
Time:	On Friday at 18:00 and at 21:00	
	On Saturday at 10:00	
Duration:	max. 1½ hours	
Capacity:	approx. 7.000 seats	
Note:	There will be no back curtain,	
	spectators (audience) sitting on all	
	sides of the arena.	
Measures:	floor 32 meters x 19 meters, roof in	
	the middle 8 meters high, on sides 12	
	meters	
Theme:	Live, love & laugh	
	Live: lifelong gymnastics &	
	friendship, we are alive and we leave	
	our footprints on the earth	
	Love: the love for gymnastics,	
	the love to dance, the power of love	
	Laugh: the happiness of moving,	
	the joy and fun of gymnastics	

The programmes taking part in the FIG Gala should choose one of the topics/themes (live, love or laugh) as the theme for their choreography, music or dresses.

Responsible persons: Liisa Ahlqvist-Lehkosuo (artistic) and Lotte Ahlström (administrative)







Timetable:	Applications until 30th June 2013 (registrations for the FIG Gala) Selection of groups December 2013 Information to the groups January 2014
Conditions:	All the FIG Member Federations are
	invited to register to the FIG Gala.
	However all groups cannot be
	accepted, a selection will be made.
Selection:	Registration form will appear on
	the Intranet in March. The web based
	form must be filled in by June 30th
	2013. A video presenting the group
	and the intended routine can
	be downloaded to Internet and
	a link added to the application form.
	Or a DVD containing the video can
	be sent to the LOC office: Finnish
	Gymnastics Federation, World
	Gymnaestrada 2015, Hämeentie 105
	A, 00550 Helsinki, Finland, Europe.
Information nee	eded (asked in the registration form):
	- Name of the performance
	None of the group decorintion of

- Name of the group: description of the group and its capabilities (specific talents)

- Choreographer, trainer/coach,

responsible person

- Type of performance (gymnastics or dance, apparatus or not etc.)

- Number of gymnasts, male/female

- Ages of gymnasts (between, from to)
- Music
- Light & sound needed

- Gymnastics equipment needed

- Required space
- Entrance and exit (with or without
- music)
- Description of outfit

### International Large Group Programme – Gymnaestrada World Team

There is a possibility for gymnasts from all over the world and of all age groups to be part of the Gymnaestrada World Team, to participate in an international Large Group Programme. Participation is open to all World Gymnaestrada 2015 participants from all FIG Member Federations. It is possible for a person to participate in only this programme.

The programme will be taught during the years before the World Gymnaestrada at different gymnastic events and will also be available on DVD, via internet and as written instructions (more information later on). In Helsinki all gymnasts will meet for joint rehearsals in the beginning of the World Gymnaestrada week (two joint rehearsals). The international Large Group Programme will be performed both at the Midnight Sun Special – evening and at the Closing Ceremony.

Theme:	From Near of Far – Come as You are!
	Let's experience it together:
	The happiness and friendship –
	the joy of gymnastics!
	Hundreds or even thousands of
	gymnasts from different countries
	will be active on the field at the
	same time. One programme, easy
	to learn, easy to join.
Duration:	about 6 minutes
Music:	Mountain Top and Sunrise (Bernard
	Herrman) & Over the Hills and
	Far Away (Nightwish)
Choreographers: Hannele Ahlqvist and	
	Marja Kallioniemi



Choreographers Hannele Ahlqvist and Marja Kallioniem





### **City Performances**

Venue: Date: Time: Outdoor Stages in the City 13 – 17 July 2015 to be informed later

### Get together

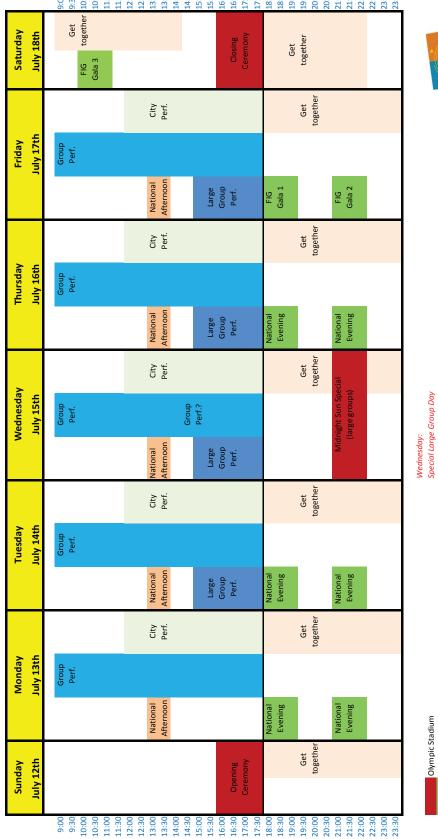
Venue: Date: Time: Outdoor Areas 12 – 18 July 2015 to be informed later

### Provisional timetable

The provisional timetable here is just for your information.

Changes may still be made. Rehearsal times will be communicated later.





9:00 9:01 11:00 11



\* Rehearsals not marked here

AMFI Exhibition Centre City Performances (different venues) Outdoor Areas

Exhibition and Convention Centre

Olympic Stadium Sonera Stadium

Ice Hall

G15 Programme (provisional draft)

## Venues



Ice Hall seats 7 000 spectators

Information and photos of all venues on the website www.wg-2015.com Technical information will be given in the coming Bulletins and Info meetings.

### **Exhibition and Convention Centre**

Group Performances, National Afternoons, Catering, Exhibition/Stands, Offices, Press centre During the World Gymnaestrada the Centre will provide 8 arenas for Group Performances (min. 20 m x 20 m) and one Amfi-Hall. The 9th arena, called the Amfi-Hall, will be used for both Group Performances and National Afternoons.

### **Olympic Stadium**

### Opening Ceremony, Closing Ceremony, Midnight Sun Special –evening

40.000 spectator seats, no lighting, field surface is grass. Note that there will be marks on the field every 2 m x 2 m (looking from the gymnasts' point of view: numbers 1 – 48 will go from left to right and letters starting from A-Z + a-g (minus letter J) from front to back. (See page 23.)

### Ice Hall

### National Evenings, FIG Gala

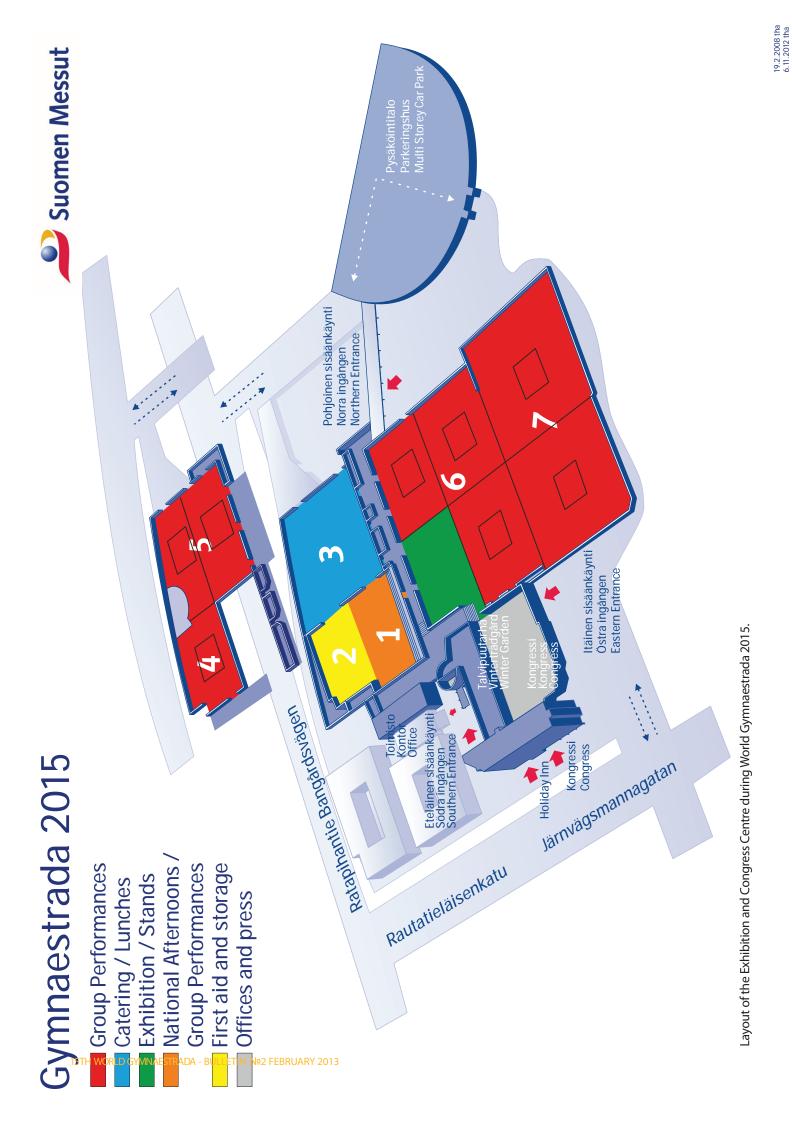
7.000 spectator seats (all around the arena) Measures: floor area 32 meters x 19 meters, roof in the middle 8 meters high, on the sides 12 meters

### Sonera Stadium

### Large Group Performances

10.000 spectator seats

Note that there will be marks on the field every 2 m x 2 m (looking from the gymnasts' point of view: numbers 1 - 48 will go from left to right and letters starting from A-Z + a-g (minus letter J) from front to back. (See page 23.)



### **City Performances**

Groups will have a possibility to perform on stages in the city. The stages will be located at central/busy points, where the residents and tourists are able to admire gymnastics programmes.

### **Töölö Sports Hall**

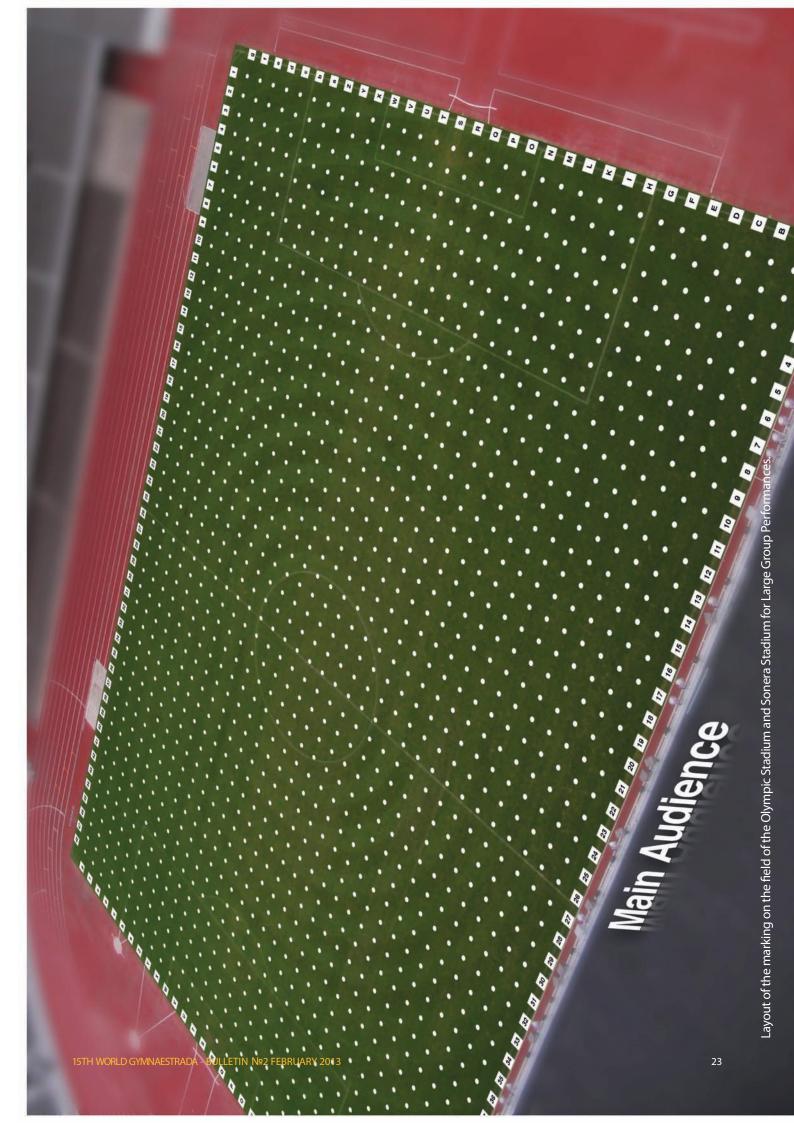
During the World Gymnaestrada this venue is used for different kinds of gymnastics activities.

### Equipment/Apparatus

Gymnastics apparatuses will be provided free of charge up to certain limit for Group Performances, National Afternoons, National Evenings, FIG Gala, City Performances and Large Group Performances. All arenas will be equipped with 7 pieces of roll mats (14 x 2 m), all other apparatuses must be ordered separately. The list of apparatuses that can be ordered is the following:

- Men's Parallel Bars
- Springboard "Hard"
- Springboard "Soft"
- Vaulting Table (adjustable height to 165 cm for Team Gym usage)
- Foam Vaulting Table 90 x 75 x 125 cm
- -Tumbling track (incl. run-up and landing zone)
- Air track 1200 x 280 cm
- Landing mat 300x200x30 cm
- Landing Mat 300 x 200 x 20 cm
- Magnesium stand
- Large Trampoline with Safety Ends
- Minitramp / Trampette Open-End
- Minitramp TeamGym
- Wooden Boxes
- Styrox or polyurethane boxes
- Wooden Benches 4 m
- Landing mat "School"
- Landing Mat 300x200x40 cm (or alternatively 300x200x30 cm)

A more detailed description of the apparatuses with pictures will be provided later in the next bulletin and on Intranet.



## **General nformation**

### Prices

Participant card costs 210 euros per participant including:

- Entry to the events of the World Gymnaestrada with the exception of the National Afternoons, National Evenings and FIG Gala

- Local transportation for the duration of the event

- The official programme and guide

School accommodation costs 190 euros per participant (8 nights including breakfasts).

Max 8 nights: from Saturday 11th July to Sunday 19th July

Max 8 basic breakfasts: from Sunday to Sunday

The price of the catering will be published in the next Bulletin, number 3.

Terms of payment and cancellation can be found in the Bulletin 1 and Federations Intranet.

### Hotels

We ask all federation to book hotels via our partner in order to ensure best possible arrangements and prices for everyone. Hotel rooms are sold with the principle: first come first served. The sale has started and the Request of an Offer form can be found in Gymnaplana (log in to the Federations Intranet -> Gymnaplana).

### **Price categories**

The accommodation categories for World Gymnaestrada 2015 are based on room prices (twin room price per night). Accommodation in categories A, B and C is in hotels, category D includes also hostel accommodation.

Category	Room price (twin room/night)
А	EUR 170 -
В	EUR 130 – 169
С	EUR 90 – 129
D	EUR 50 – 89

The hotels in all price categories can be located either in the city centre of Helsinki or in the neighbouring cities of Espoo and Vantaa.

### **Information Meetings**

The first information meeting, organised by the FIG Gymnastics for All Committee and the Local Organising Committee, will be held in Helsinki 6 – 8 September 2013. The FIG GfA-Committee will pay for the board and lodging (organised by the LOC) for one person per member federation. FIG Member Federations have to pay all costs for any additional persons representing the Federations. All travel expenses have to be paid by the participating Federations. More information will be sent out for the Federations this spring (March/April).

The second information meeting will be held in Helsinki in 5 – 7 September 2014. All FIG Member Federations will receive official invitations to the information meetings.



### Important dates

(World Gymnaestrada regulations, 5.3 Registration Procedure)

Until 30 June 2013	Notification of interest for participating in the World Gymnaestrada (Intranet/ Gymnaplana)
Until 30 June 2013	Applications/Registration for the FIG Gala (Intranet)
6 – 8 September 2013	1st Information Meeting in Helsinki
Until 31 December 2013	Notification of interest for * Group Performances (number of groups registering for group performances) * Large Group Performances (number of groups for large group performances) * National Evenings * National Afternoons * Midnight Sun Special (applications)
January 2014	Confirmation from the LOC to the FIG Member Federations of groups admitted * to the FIG Gala
March 2014	Bulletin 3
May 2014	Confirmation from the LOC to the FIG member federations of the following * number of Group Performance units admitted * number of Large Group Performance units admitted * approval of a National Evening * approval of a National Afternoon * groups admitted to Midnight Sun Special

Until 30 June 2014	Provisional registration
5 – 7 September 2014	2nd information Meeting in Helsinki
November 2014	Bulletin 4
Until 31 December 2014	Definitive registration (payment of 50% participant cards as a deposit)
March 2015	Bulletin 5
Until 30 April 2015	Final payment
30 April 2015	Performance schedule sent to all participating federation
12 – 18 July 2015	World Gymnaestrada 2015 Helsinki

### Website www.wg-2015.com

The official website of the World Gymnaestrada is for everyone, open and regularly updated. All information can also be found through www.fig-gymnastics.com

The Intranet page of the World Gymnaestrada is only for the FIG affiliated federations and already open. To find this page, do the following:

- go to the LOC website www.wg-2015.com
- select "login" at the bottom of the screen

- enter the user name and password sent in the e-mail introducing the Bulletin 1

All materials are available in English and Spanish.

### **Registration via Gymnaplana**

Registrations for the World Gymnaestrada will be carried out online with the Gymnaplana-programme.

To access Gymnaplana, first log in to the LOC Intranet and then click on the Gymnaplana logo on the front page of the Intranet. No access codes are needed, you are automatically forwarded to Gymnaplana.

You will find more information on registration programme on the Intranet. Entries from all participating groups must be made through their FIG Member Federation.



## Organisation



FIG GfA Committee 2013-2016 (from left to right): Flemming Knudsen, Marco Bortoleto, Rogério Valerio, Margaret Sikkens-Ahlquist, Tatsuo Araki, Monika Siskova and Ruedi Steuri.

### FIG GfA-Committee

### 2013 – 2016

### The 78th Congress of the FIG was held in October 2012 in Mexico.

Also the members for the Gymnastics for All Committee were elected there for a four years period of 2013 - 2016:

- \* Ms Margaret Sikkens-Ahlquist, Sweden President
- \* Mr Rogério Valerio, Portugal First Vice President
- \* Mr Tatsuo Araki, Japan Second Vice President
- \* Mr Ruedi Steuri, Switzerland
- \* Mr Flemming Knudsen, Denmark
- \* Ms Monika Siskova, Slovakia
- \* Mr Marco Bortoleto, Brasil (NEW)

LOC warmly congratulates the GfA-Committee members and look forward to working together for the WG2015. LOC would also like to express our thanks to Mr Mohammed Khalill Alloush for his valuable work in the GfA-Committee in 2009 – 2012.

The responsibility for the World Gymnaestrada rests with the FIG GfA-Committee in cooperation with the elected FIG Member Federation and their appointed Local Organising Committee (LOC). The cooperation, roles and responsibilities between these parties are detailed in the formal agreements established for the event. (Regulations, Article 2, Powers).

### First World Gymnaestrada Joint Meeting, FIG GfA-Committee and LOC

The cooperation has already started!

First Joint Meeting was held in November 15 – 18, 2012 in Helsinki, Finland

### LOC, Executive Group

More information on the organisation can be found on web:

www.wg-2015.com and on

www.fig-gymnastics.com

### Tervetuloa! Welcome!



loint meeting (from left to right, back to front): P. Tamminen, R. Valerio, T. Araki, K. Partanen, M. Sikkens-Ahlquist, M. Siskova, R. Steuri, M.K. Alloush, N. Buompane, F. Knudsen, B. Mikkels and M. Laakso.



LOC Executive Group (from left to right): Marja Laakso (Finnish Gymnastics Federation), Bodil Mikkels (FGF), Hannu Tolonen (Ministry of Education and Culture), Saila Machere (City of Helsinki), Kirsti Partanen (FGF) and Päivi Tamminen (FGF).



Group of volunteers in charge of preparation of Gymnastics content in the event.

## Contacts

LOC:

The WG2015 Office World Gymnaestrada 2015 Helsinki Local Organising Committee LOC Address: Hämeentie 105 A, 00550 Helsinki, FINLAND Tel. + 358 9 5490 331, Fax +358 9 5490 3399 E-mail: office@wg-2015.com www.wg-2015.com

FIG:

Fédération Internationale de Gymnastique Address: Avenue de la Gare 12, 1003 Lausanne, SWITZERLAND Tel : + 41 21 321 55 10 Fax : +41 21 321 55 19 Contact person: Mr. Alexandre Cola E-mail: acola@fig-gymnastics.org www.fig-gymnastics.com